POLAR EQUINE RS800CX

Getting Started Guide

POLAR®

LISTENS TO YOUR BODY

CONTENTS

1. INTRODUCTION..... 3

2. CONTENTS OF THE SET 4

3. BUTTON FUNCTIONS..... 6

4. STARTING THE TRAINING COMPUTER 7

5. ATTACHING THE ELECTRODE BASE..... 8

6. ATTACHING THE BELT..... 11

7. USING THE G5 GPS SENSOR.... 14

8. PAIRING SENSORS WITH THE TRAINING COMPUTER..... 18

9. START TRAINING RECORDING 19

10. TROUBLESHOOTING..... 21

11. IMPORTANT INFORMATION 22

- Care and Maintenance..... 22
- Service 23
- Guarantee 23
- Disclaimer..... 27

1. INTRODUCTION

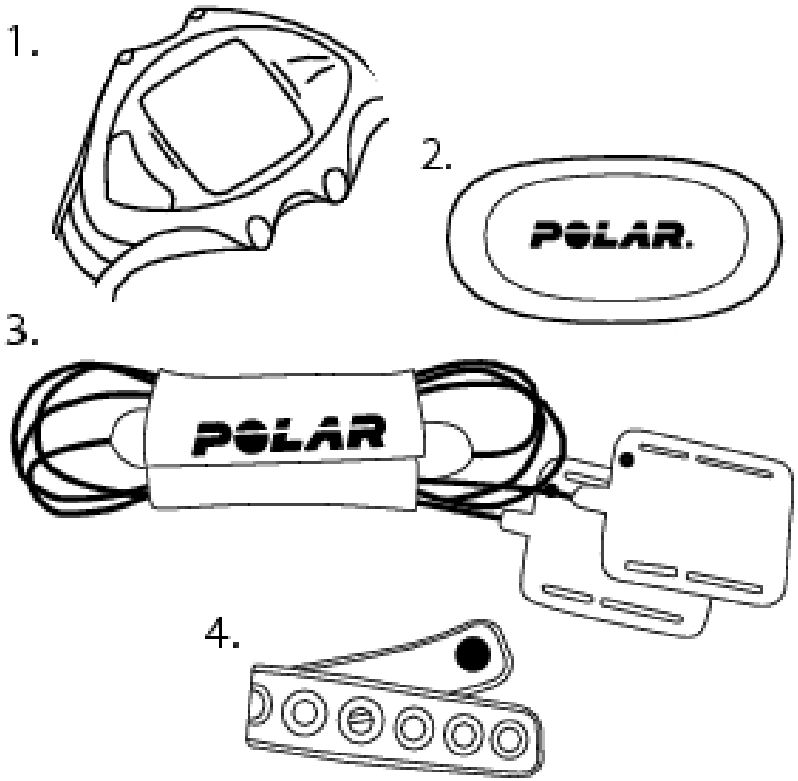
The Polar RS800CX Equine is the most complete training system for horses available. It is developed from the RS800CX training system for people. Read the full user manual carefully to use all system features fully. If you just bought this training system and want to try it immediately, this getting started guide is what you need!

Download the full user manual and this getting started guide in other languages from the CD (available in English, German, French, Italian, Spanish, Finnish and Swedish). The latest version of the full user manual and this getting started guide can be downloaded at www.polar.com/support.

For video tutorials, go to http://www.polar.com/en/polar_community/videos.

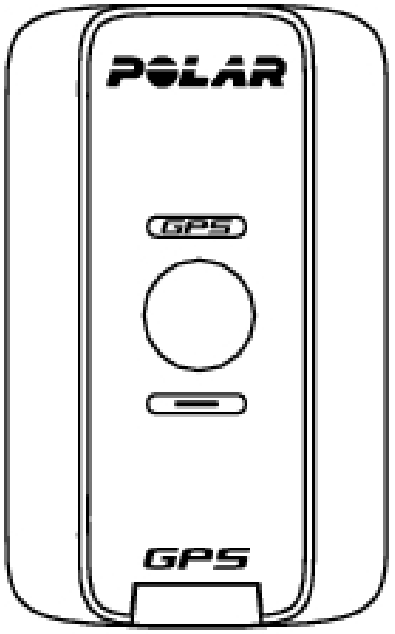
2. CONTENTS OF THE SET

1. **RS800CX training computer** receives, displays and records all the data measured by the heart rate sensor and the G5 GPS sensor.
2. **Heart rate sensor** measures the horse's heart rate in real time and sends this information continuously and wirelessly to the training computer.
3. **Equine Electrode Base** detects the electrical signal of every heart beat. It has a pocket for the heart rate sensor and two electrodes. The positive electrode is marked with a plus sign and the negative electrode is marked with a minus sign. *Instead of the Electrode Base, the Polar Equine Science set (#93046677) includes the Equine Belt. For more information, see chapter 6. Attaching the Belt.*
4. Two **Plastic straps** for attaching the electrode base.



5. **G5 GPS sensor** measures speed and distance in real time. The user manual for G5 GPS sensor can be downloaded at www.polar.com/support. *The G5 GPS sensor is included only in the Polar Equine RS800CX GPS set (#93046674).*
6. **IRDA USB adapter** uses infrared connection to transfer the recorded data from the training computer to the PC.
7. **CD-ROM:** Includes the **ProTrainer 5 Equine edition software** that displays a training log, graphs, tables and reports on your PC to further analyse the data recorded during training. The CD-ROM also includes a complete user manual to help you make the most out of your training computer.

5.



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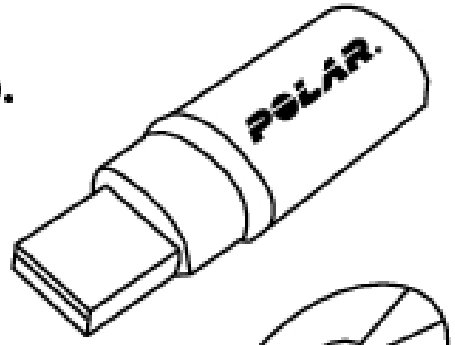

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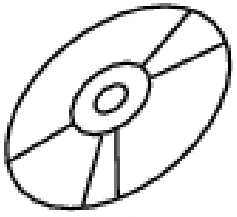
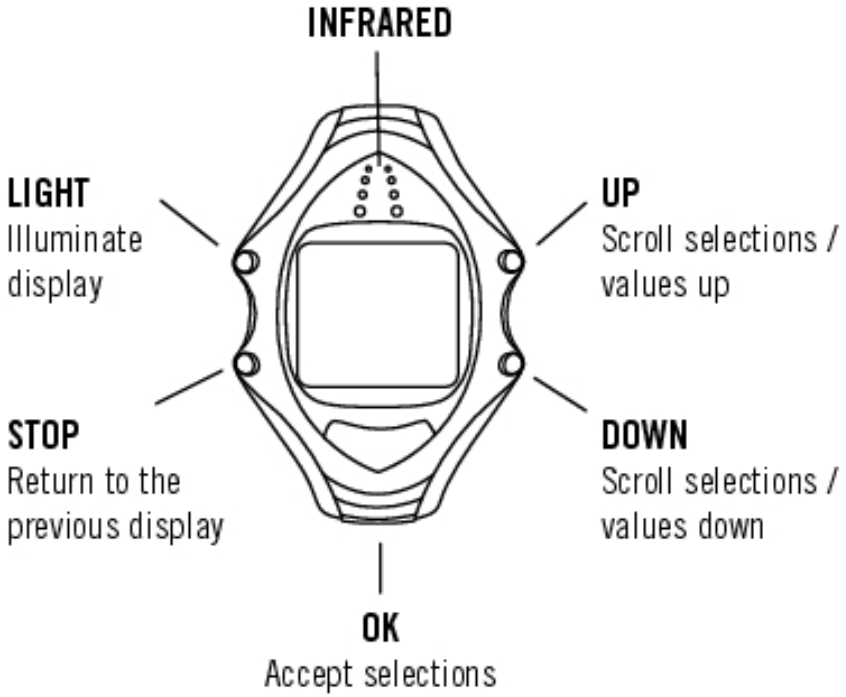


3. BUTTON FUNCTIONS

- **UP/DOWN**: Scroll through menus and adjust values.
- **OK**: Enter a menu, confirm a selection and start the exercise.
- **STOP**: Exit a menu, return to the previous display, leave settings unchanged, cancel selections, pause and stop the exercise.
- **LIGHT**: Press once and the backlight is activated for 5 seconds when you press any other button. You can also lock the buttons by pressing and holding the LIGHT button for two seconds.



4. STARTING THE TRAINING COMPUTER

By default, the RS800CX training computer is switched off to save the battery. Press OK twice to activate it.

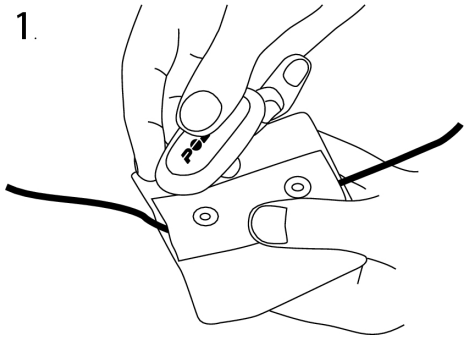
Select the language and press OK to confirm. Then customize the basic settings. To adjust the data, use UP or DOWN and accept with OK.

You must enter the basic settings, even though they don't concern the horse. If you don't enter the basic settings, the RS800CX training computer will remind you to set them before every exercise.

1. **Time**: Select **12h** or **24h** and set the local time.
2. **Date**: Set today's date, dd=day, mm=month, yy=year.
3. **Units**: Select metric (kg/cm/km) or imperial (lb/ft/mi) units.
4. **Weight**: Enter your weight.
5. **Height**: Enter your height.
6. **Birthday**: Enter your date of birth, dd=day, mm=month, yy=year.
7. **Sex**: Select **Male** or **Female**.
8. **Settings OK?** is displayed. Select **Yes** to accept and save the settings. Select **No** if settings are incorrect and need to be changed. Press STOP to return to the data you want to change.

5. ATTACHING THE ELECTRODE BASE

1



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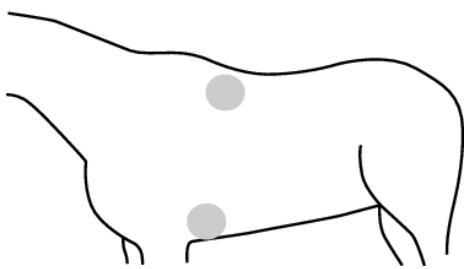


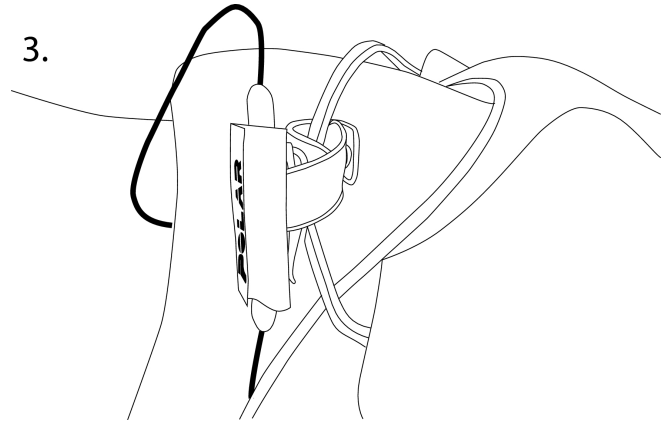
1. Attach the heart rate sensor to the pocket of the electrode base. Close the pocket firmly.

2. The heart rate sensor picks up very small electrical impulses emitted by the heart. For the heart rate sensor to read the heart rate properly, ensure a good contact between the electrode pads and the horse’s skin.
Wet the electrode pads and the horse's hair properly from the areas where the electrode pads are placed (see the figure). If your horse has long or thick hair, you can clip those areas. This greatly improves the heart rate signal quality.

To optimize the contact between the horse's skin and the electrode pads, you can use contact gel on the electrode pads. It ensures a better detection of the horse’s heart rate.

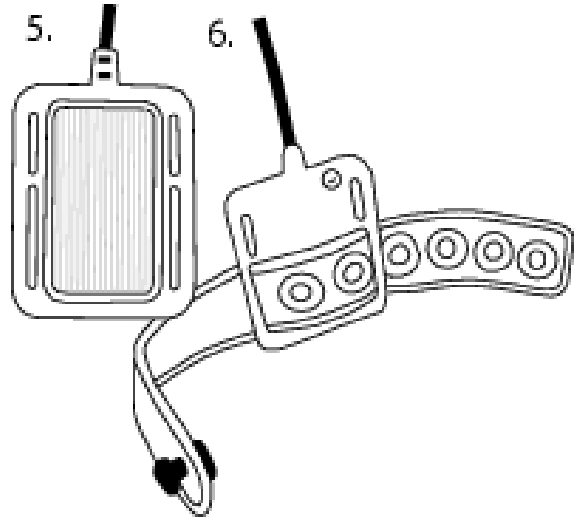
See the images on this and the following page.

3. Attach the pocket to the saddle with one of the plastic straps (3).



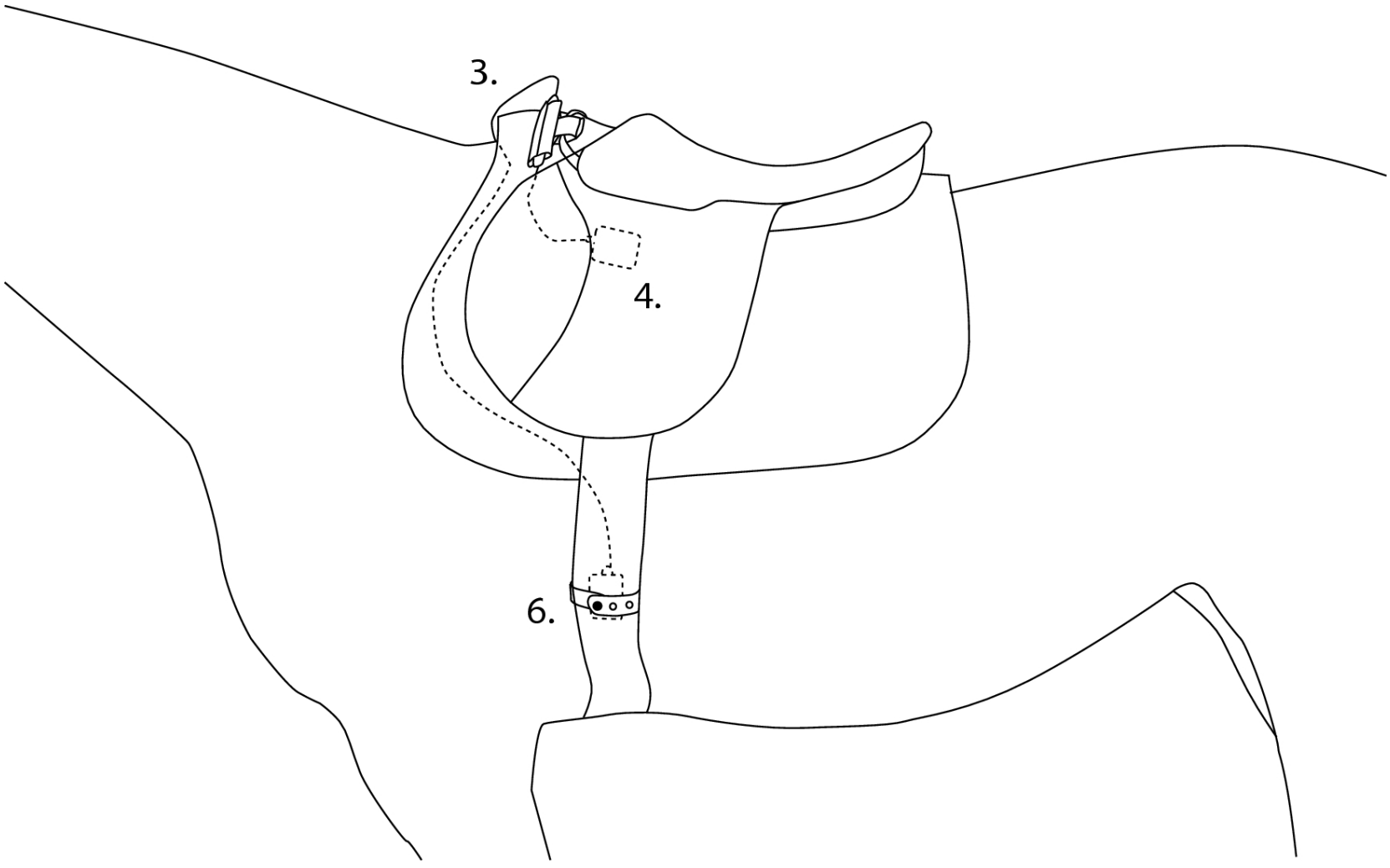
4. Place the positive electrode pad (short cable) under the saddle (4) on the left side of the horse. Ensure that the electrode side of the pad is against the horse's skin (5). The rider's weight will keep the electrode in place.

5. Attach the negative electrode pad (long cable) under the girth using a plastic strap (6) and tighten the girth. If needed, you can place a wet sponge between the negative electrode pad and girth to ensure good contact with the skin.



For video tutorial, go to http://www.polar.com/en/polar_community/videos.

See the training computer's user manual for instructions on displaying the horse's heart rate and recording a training session. The user manual can be downloaded at www.polar.com/support.


3.
4.
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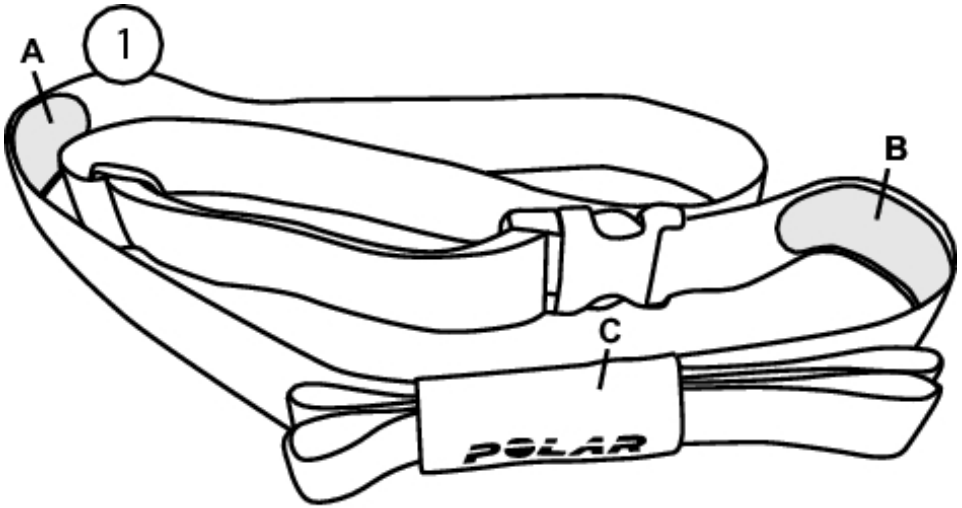
6. ATTACHING THE BELT

Polar Equine Belt is included in the RS800CX Science set (#93046677)



1. **Belt:** The plastic electrode areas (A, B) on the reverse side of the belt detect heart rate. The pocket (C) protects the heart rate sensor from shocks and scratches and prevent it from falling off the belt.
2. **H3 heart rate sensor:** The H3 heart rate sensor sends the heart rate signal to the training computer.

For video tutorials, go to http://www.polar.com/en/polar_community/videos.

1. For the heart rate sensor to read the heart rate properly, ensure a good contact between the plastic electrode areas and the horse's skin. Wet the belt properly, for example in a bucket of water (1).

2. Also wet the horse's hair from the areas where the electrodes of the belt are placed (2). If your horse has long or thick hair, you can clip it from those areas where the electrodes are placed. This will greatly improve the heart rate signal quality.

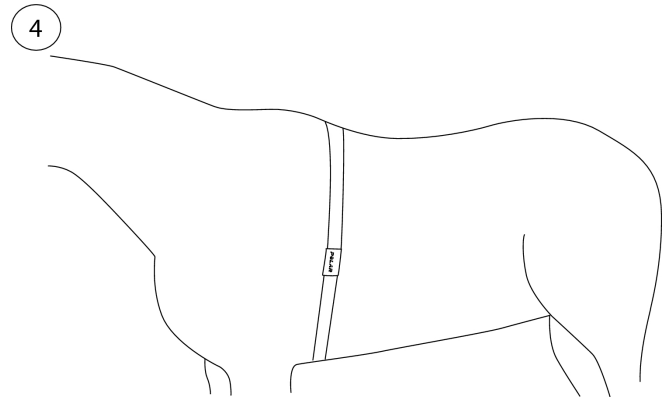
3. Attach the heart rate sensor to the pocket (3). Close the pocket firmly.

4. Place the belt as indicated (4), with the heart rate sensor pocket on the left side of the horse. By doing so, you ensure the electrodes of the belt being in the right position.

5. Using contact gel on the electrodes of the belt is recommended. It ensures a better detection of the horse’s heart rate. The gel should be placed on the electrodes areas on the reverse side of the belt.

The range of the heart rate sensor is over 10 m, therefore you can follow your horse's heart rate also when lunging.

For video tutorial, go to http://www.polar.com/en/polar_community/videos. See the training computer user manual for instructions on displaying the horse's heart rate and recording a training session. The user manual can be downloaded at www.polar.com/support.



7. USING THE G5 GPS SENSOR

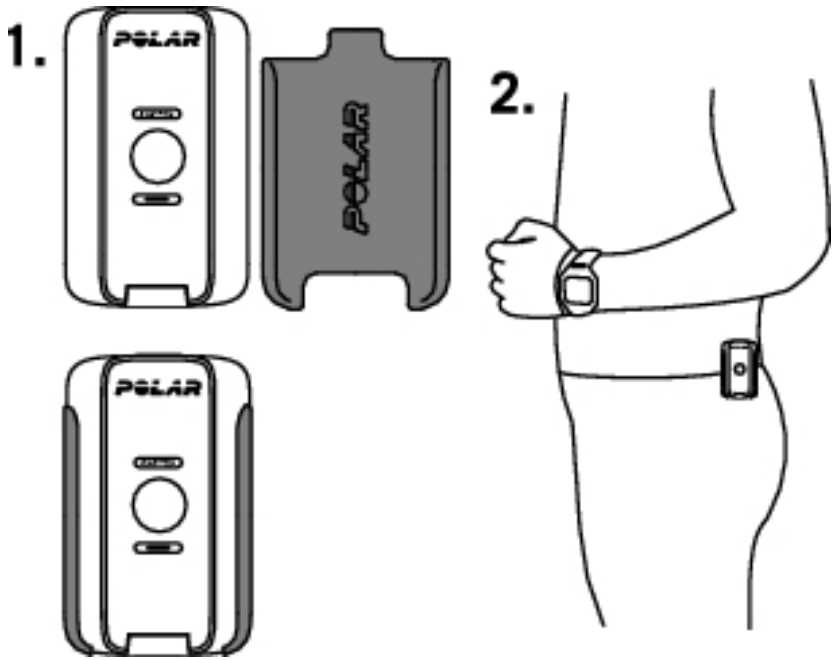
The G5 GPS sensor is included only in the Polar Equine RS800CX GPS set. For complete instructions on using the G5 GPS sensor, download the user manual from the CD or at www.polar.com/support.

Using Polar G5

1. To turn G5 on, press the power key for one second and release. Both LEDs flash twice in green to indicate the activation.
2. The GPS signal LED flashes in red as G5 searches for satellite signals. To catch satellite signals, go outdoors and away from tall buildings and trees. In good conditions, acquiring satellite signals for the first time typically takes 30-60 seconds. G5 finds the signals faster if you keep it immobile during the search.
3. The GPS signal LED flashes in green when the signals are found and your location is determined. Your G5 is now ready for action.
4. To turn G5 off, press the power key for one second. The power switches off automatically if G5 cannot locate satellite signals or the location does not change for 60 minutes.

Wearing the GPS Clip

1. Position the G5 with “POLAR” logo upright above the clip and snap it in place (1).
2. Attach the clip to your clothing, for example on your waistband or belt, on the same side of your body as the arm in which you are wearing your training computer (2.).

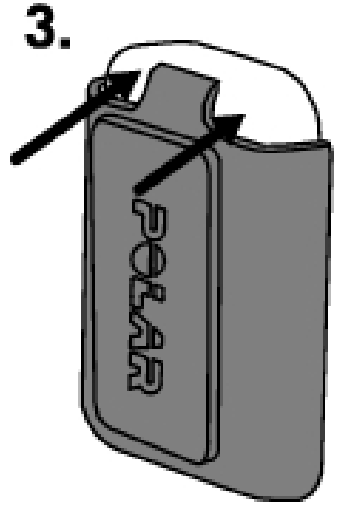


Check that the clip is attached securely to keep it from falling off accidentally.

Place the G5 upright, so that the “POLAR” logo is facing upwards, enabling the GPS signal to be as clear as possible.

Attaching the G5 in the clip away from your body, to your backpack for example, can cause breaks in the signals between the training computer, the G5 and the satellite reception. Therefore, the GPS information in the training data can become inaccurate.

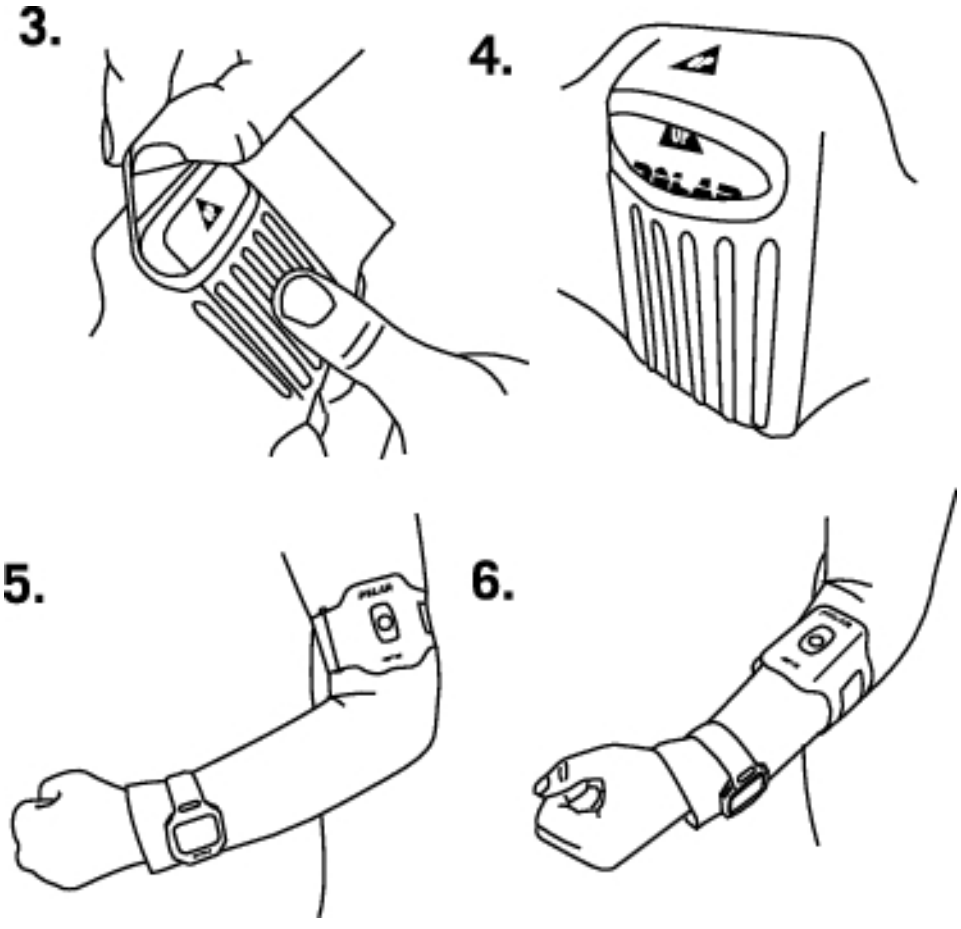
3. To remove the G5 from the clip (3): Hold the clip by the side edges with the “POLAR” logo facing you. Snap the G5 out of the clip by pushing it with your other hand.



Alternatively, you can carry the G5 GPS sensor in an armband, which is available as an accessory.

Wearing the Armband*

1. Encase the G5 into the armband pocket the USB port against the bottom of the pocket. Check that the LEDs and the power key are visible through the window.
2. Pull the pocket's upper edge over the G5 (picture 3). G5 is securely positioned when the pocket's upper edge covers the top of it (picture 4).
3. Place the G5 and the training computer on the same arm. Position the armband around your upper arm or forearm and fasten (pictures 5 and 6). Make sure that the "POLAR" logo on the armband is in an upright position.



*The armband is not included in the set, it is available as an accessory.

8. PAIRING SENSORS WITH THE TRAINING COMPUTER

If you purchase a new Polar G5 GPS Sensor or heart rate sensor, or Equine speed kit sensor, it must be paired to your training computer. For instructions on pairing G5 GPS sensor or speed sensor W.I.N.D., see *Feature Settings* in the full user manual of the training computer. For instructions on pairing the heart rate sensor, see *Using a New Heart rate Sensor*. Please note that pairing may be referred to as teaching in the user manual.

If you purchased the sensor and training computer together, as a set, the sensor is already paired to the training computer. In this case, you will only need to activate the sensor in your training computer. For more information, see *Feature Settings* in the user manual.

9. START TRAINING RECORDING

1. Start the heart rate measurement by pressing OK. Within five to ten seconds, the horse's heart rate appears on the display.

2. Press OK to start recording the exercise.

3. You can view three lines of exercise information simultaneously in the RS800CX training computer. Press UP or DOWN to change the view. The name of the display appears for a few seconds. The name indicates the information on the lowest row.

You can customize the RS800CX display to view the information you need the most during training, either by using the training computer or the ProTrainer 5 software. The information available depends on the features that are activated. For instructions, see the full user manual at www.polar.com/support.
You can also zoom the display. Press and hold UP to zoom into the upper row, and DOWN to zoom into the middle row. Return to the normal display by pressing and holding the buttons again.

4. To stop the exercise, press STOP twice. The RS800CX returns to the time display.

   To view detailed information on the exercise session, select **File**.
   - The **Exercise Log** lists a maximum of 99 exercise files.
   - The **Weekly summary** displays summaries for the past 16 weeks.
   - **Totals** include cumulative values recorded during training sessions.
   - In the **Delete** menu, you can delete exercise files.

   For a deeper analysis, transfer the data to Polar ProTrainer 5. The software offers you different options to analyze the data with. For instructions, download the full user manual from the CD or at www.polar.com/support.

   You can also transfer the data to polarpersonaltrainer.com web service by using the WebLink sofware. Download the software from Downloads at www.polar.com/support.

For more detailed information on using the RS800CX training computer, download the full user manual from the CD or at www.polar.com/support.

10. TROUBLESHOOTING

Abnormal Heart Rate Readings During Exercise

- Make sure the positions of the electrode pads are correct and they are right side up. Check also that the girth is tight enough.
- Make sure the horse's hair under the electrode pads is thoroughly moistened.
- If your horse has a long or thick hair, clip it from the areas where the electrode pads are placed.
- Accumulated sweat and dirt may interfere with the measurement of the signal from the heart to the transmitter. Check if the electrode pads need cleaning.
- Make sure that the hear rate sensor is firmly attached to the pocket of the electrode base.
- Keep the training computer and the heart rate sensor on the same side of the horse.
- In some cases, (at about 120 bpm) a double pulse can occur at each heart beat (R + T waves). This problem disappears when the intensity increases.
- If you have done all of the above-mentioned actions, and the heart rate measurement does not work, the battery of your heart rate sensor or RS800CX training computer may be empty. For further information, download the user manual for the product in question from the CD or at www.polar.com/support

11. IMPORTANT INFORMATION

Care and Maintenance

Follow the caring instructions to ensure reliable measurement and to maximize the life span of the electrode base and the heart rate sensor. The following instructions will help you fulfill the guarantee obligations.

Heart rate sensor: Detach the heart rate sensor from the belt after every use and dry it with a soft towel. Clean the heart rate sensor with a mild soap and water solution when needed. Never use alcohol or any abrasive material (e.g. steel wool or cleaning chemicals).

Electrode base: Rinse the electrode base under running water after every use and hang to dry. Clean the electrode pads gently with a mild soap and water solution when needed. Do not use moisturizing soaps, because they can leave residue on the electrodes. Do not soak, iron, dry clean or bleach the electrode base. Do not stretch or bend the electrode areas sharply.

Dry and store the electrode base and the heart rate sensor separately to maximize the heart rate sensor battery lifetime. Keep the heart rate sensor in a cool and dry place. To prevent snap oxidation, do not store the heart rate sensor wet in non-breathing material, such as a sports bag. Do not expose the heart rate sensor to direct sunlight for extended periods.

G5 GPS sensor: Clean G5 with a mild soap and water solution. Dry it with a towel. Never use alcohol or abrasive materials (steel wool or cleaning chemicals). Never put G5 in a washing machine or drier.

Due to the textile nature of the armband, its life time may not reach the life time of G5. Follow the instructions carefully to maximize the life time. Wash the armband only when necessary. Hand wash only. Do not use detergent with bleach or fabric softener. Do not dry-clean. Do not spin-dry or iron.

Take G5 out of the armband after use. Keep G5 and the armband in a cool and dry place. Do not store wet in non-breathing material, such as a sports bag. Do not expose to direct sunlight for extended periods.

Parts of G5 are magnetic. It may attract metallic materials and it's magnetic field may interfere with a compass. To avoid interference, it is recommended to wear your compass on one arm and your G5 with the training computer on the other arm. Do not place credit cards or other magnetic storage media near G5, because information stored on them may be erased.

Service

During the 12-month guarantee/warranty period we recommend that you have service, other than battery replacement, done by an authorized Polar Service Center only. The warranty does not cover damage or consequential damage caused by service not authorized by Polar Electro. For contact information and all Polar Service Center addresses, visit www.polar.com/support and country specific websites.

Guarantee

Limited International Polar Guarantee for Equine Products

- Polar Equine products are developed and manufactured for the usage in equine sports. Each product endures rigorous testing before it leaves the factory.
- This guarantee does not affect the customer's statutory rights under applicable national or state laws in force, or the customer's rights against the dealer arising from their sales/purchase contract.
- This limited Polar international guarantee is issued by Polar Electro Inc. for customers who have purchased this product in the USA or Canada. This limited Polar international guarantee is issued by Polar Electro Oy for customers who have purchased this product in other countries.
- Polar Electro Oy/Polar Electro Inc. guarantees the original customer/purchaser of this device that the product will be free from defects in material or workmanship for twelve (12) months from the date of purchase.
- The receipt of the original purchase is your proof of purchase!

- The guarantee does not cover the battery, normal wear and tear, damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance, cracked, broken or scratched cases/displays, modified or altered products or their parts and electrode belt and strap of sensors.
- The guarantee does not cover any damage/s, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the product.
- Items purchased second hand are not covered by warranty, unless otherwise stipulated by local law.
- During the guarantee period, the product will be either repaired or replaced at any of the authorized Polar Service Centers regardless of the country of purchase.

Guarantee with respect to any product will be limited to countries where the product has been initially marketed.

Regulatory information is available at www.polar.com/support.

Compliance Statement

Canada

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifications could void the user's authority to operate the equipment.

Polar Electro Oy n'a approué aucune modification apportée à l'appareil par l'utilisateur, quelle qu'en soit la nature. Tout changement ou toute modification peuvent annuler le droit d'utilisation de l'appareil par l'utilisateur.

Industry Canada (IC) regulatory information

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada. To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Avis de conformité à la réglementation d'Industrie Canada

Conformément à la réglementation d'Industrie Canada, le présent émetteur radio peut fonctionner avec une antenne d'un type et d'un gain maximal (ou inférieur) approuvé pour l'émetteur par Industrie Canada. Dans le but de réduire les risques de brouillage radioélectrique à l'intention des autres utilisateurs, il faut choisir le type d'antenne et son gain de sorte que la puissance isotrope rayonnée équivalente (p.i.r.e.) ne dépasse pas l'intensité nécessaire à l'établissement d'une communication satisfaisante.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Class B digital device notice

This Class B digital apparatus complies with Canadian ICES-003, RSS-Gen and RSS-210.

Cet appareil numérique de la classe B est conforme à la norme NMB-003, CNR-Gen et CNR-210 du Canada.

USA

Polar Electro Oy has not approved any changes or modifications to this device by the user. Any changes or modifi cations could void the user's authority to operate the equipment.

FCC regulatory information

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/ TV technician for help.

This product emits radio frequency energy, but the radiated output power of this device is far below the FCC radio frequency exposure limits. This equipment complies with FCC RF radiation exposure limits forth for an uncontrolled environment. Nevertheless, the device should be used in such a manner that the potential for human contact with the antenna during normal operation is minimized.

This crossed out wheeled bin marking shows that Polar products are electronic devices and are in the scope of Directive 2002/96/EC of the European Parliament and of the Council on waste electrical and electronic equipment (WEEE) and batteries and accumulators used in products are in the scope of Directive 2006/66/EC of the European Parliament and of the Council of 6 September 2006 on batteries and accumulators and waste batteries and accumulators. These products and batteries/accumulators inside Polar products should thus be disposed of separately in EU countries.

This marking shows that the product is protected against electric shocks.

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Disclaimer

Please note that these guarantee terms shall be applied to Polar Equine products instead of any other Polar Electro guarantee term, even if other terms may appear in some product documentation.

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POLAR®
LISTENS TO YOUR BODY